

CHAPTER 8—Dr. Chas E. Myers' Weekly Videos

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Access To Videos: Google "Prostate Forum Myers". Click "Ask Dr. Myers Blog". First time: Register for Free Videos to your Inbox. Note the button at bottom left for "Older Entries" when you reach the bottom of the current roster; repeat for each roster.

Weight Gain + ADT

Posted May 17, 2013

Easy to gain weight during hormone treatment. He learns from his patients. An iPhone app (LoseIt) works. The LoseIt website provides a way to enter your current diet for analysis. Give Dr. Myers access to your LoseIt diet, and he can weigh in from prostate cancer perspective.

Obesity is a national scandal. Avoid omega 6 corn oil. Three months of popcorn took a patient under PSA = 1 to 6 in three months. He will be featuring recipes in future PF issues.

Disappearing Bone Mets?

Posted May 10, 2013

The future is exciting with new drugs coming available, and in particular the combination of drugs working against multiple receptors. A patient with significant metastatic disease was treated with Zytega in combination, and he is completely healed.